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MONTHLY



# INDUSTRIAL NUTRITION SERVICE

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For employee publications, and individuals  
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WAR FOOD ADMINISTRATION  
Commodity Credit Corporation  
Office of Supply

## FOOD NEWS

### Foods of the month

Poultry will be plentiful in December. Civilians who got scarcely a whiff of the traditional Christmas turkey last year will find turkeys in the markets throughout the month. Roasting chickens also will be plentiful. Cabbage, carrots, and white potatoes will continue to be abundant throughout the country. Fresh topped beets will be found in the markets in the Midwest and Northeast.

### Good news for workers

Many industrial plants will take advantage of the plentiful supply of tom turkeys. Turkey plates and hot turkey sandwiches will be served in plant cafeterias. Remember that turkey and chicken are good buys in food value as well as in satisfaction. Protein, iron, and the B vitamins are found in poultry, and more niacin than in most other meats.

### Beets for color and food value

The red, red beet is one of the most colorful of vegetables. It contributes minerals, especially iron, to the diet, as well as plenty of eye appeal to the meal. As beets are usually cooked in their skins, there is little loss of minerals during cooking.

## TAKE HOME IDEAS

### Turkey talk

Get a large tom turkey if the family is gathering together for Christmas. There'll be plenty of delicious hot turkey for the big dinner, and there'll be cold turkey for another meal. If your family is small, you may be able to purchase a half-turkey--available in some cities. It should be roasted just like a whole bird.

Production and Marketing Administration, Information Service, U. S. Department  
of Agriculture, 821 Market Street, Room 555, San Francisco, 3, California



If stuffed turkey or roast chicken is the order of the day, here are some suggestions for preparation and roasting

- |                              |   |   |
|------------------------------|---|---|
| <u>Selection</u>             | - | <ol style="list-style-type: none"> <li>1. Select a young, well-fatted bird for roasting.</li> <li>2. Allow for each person to be served:<br/> <math>\frac{3}{4}</math> to 1 pound (dressed weight) of turkey.<br/> 1 pound (dressed weight) of chicken</li> </ol>   |
| Preparation                  | - | <ol style="list-style-type: none"> <li>3. Clean the bird well. Pull out the pinfeathers, and singe the hairs.</li> <li>4. Rinse the bird thoroughly inside and out. The skin may be rubbed with a little corn meal to cleanse it.</li> </ol>  |
| <u>Stuffing and Trussing</u> | - | <ol style="list-style-type: none"> <li>5. Before stuffing, rub the inside of the bird with salt.</li> <li>6. Fill the body cavity with stuffing. Allow about 4 cups of bread crumbs for a 5-pound roasting chicken (dressed weight), and 12 cups (3 quarts) for a 14-pound turkey (dressed weight). Be sure to allow room for the stuffing to expand during roasting.</li> <li>7. Tie the legs and wings close to the body, and fold the neck skin toward the back and fasten. <math>\frac{1}{2}</math></li> <li>8. Rub the outside skin with fat.</li> </ol> |
| <u>Roasting</u>              | - | <ol style="list-style-type: none"> <li>9. Place the bird breast down in a shallow uncovered pan with a rack. Turn the bird from one side of the breast to the other, as it roasts, to insure even cooking.</li> <li>10. Roast the bird at a constant temperature of about 300° F. until the flesh is tender.</li> <li>11. Allow about 30 minutes of roasting time per pound for chickens weighing 4 to 5 pounds.</li> <li>12. Allow about 20 minutes of roasting time for mediumweight turkeys, and 15 to 18 minutes per pound for heavy turkeys.</li> </ol>  |

#### Cooking beets at home

Beets are one of the most colorful vegetables when they are prepared properly. To retain the bright red color and fine flavor of fresh beets, prepare them as follows:

1. Wash the beets thoroughly, leaving on the rootlets and about 2 inches of the stems.
2. Start cooking the beets in enough boiling water to cover. Cook until tender in a covered container.
3. Drain the beets and cover them with cold water to loosen the skins.
4. Slip off the skins, rootlets, and stems.
5. Slice or dice the peeled beets and season them with butter, fortified margarine, or meat drippings, and salt and pepper to taste.
6. Vary the flavor occasionally by serving the beets with vinegar or lemon, or with a "Harvard" sauce.

Shredded beets and sliced pickled beets for salads should be kept in a separate mound as they will color other salad materials.

#### HEALTH NOTES

If you were a regular blood donor during the war you should be careful to keep the supply of material for red blood cells ahead of your body's demand. To do this you should get a good supply of iron and protein in your food. Meats, eggs, and leafy green vegetables are excellent sources of iron. Potatoes and beets contain considerable amounts. Whole-grain cereal and enriched bread will also add iron to your diet. Eat a good healthful breakfast, an egg a day, and a protein-rich dish for lunch and dinner every day.

1/ For full directions for trussing and roasting poultry see "Poultry Cooking," Farmers' Bulletin No. 1888, U. S. Department of Agriculture. Available from the Superintendent of Documents, Washington 25, D. C. Price 10¢ per copy.